

## Supper (K-12) Menu

## August/September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
8/27	28	29	30	31
Turkey Ham & Swiss	Oven Roasted Turkey &	Spicy Chicken Taco Bowl	Homemade Egg Salad	Grilled Chicken Caesar
Whole Grain Wrap	Cheese Whole Wheat	w/ Romaine, Corn, Diced	Sandwich on Whole	Salad w/ Romaine,
	Hoagie	Tomatoes & Shredded	Wheat Bread	Croutons & Parmesan
		Cheddar, Light Ranch Dressing		Cheese
Fresh Carrot Sticks w/	Fresh Broccoli w/ Light	Whole Grain Tortilla Chips	Local Cucumber Slices w/	Whole Wheat Dinner Roll
Light Dressing	Dressing		Light Dressing	
Applesauce Cup	Local Pear	Chilled Peaches	Local Apple	100% Orange Juice
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
9/3	Turkey Danch Whole	-	6	7
	Turkey Ranch Whole	Chicken Cheddar Sandwich on Whole	Tuna Salad Sandwich on Whole Wheat Bread	Chef Salad w/ Diced
	Grain Wrap	Wheat Bun	Whole Wheat Breau	Turkey Ham, Sliced Egg & Cheese
Labor Day	Local Green Pepper Strips	Fresh Celery Sticks w/	Fresh Carrot Sticks w/	Whole Wheat Dinner Roll
Labor Dag	w/ Light Dressing	Light Ranch Dressing	Light Dressing	Whole Wheat Diffile Roll
	Local Apple	100% Apple Juice	Local Pear	100% Orange Juice
	1% Milk	1% Milk	1% Milk	1% Milk
10	11	12	13	14
Italian Chicken Whole	Oven Roasted Turkey &	Turkey Ham & Swiss	Chicken Salad Sandwich	Garden Salad w/ Cajun
Grain Wrap w/ Diced	Cheese Whole Wheat	Whole Grain Wrap	on Whole Wheat Bread	Chicken, Diced Tomatoes
Tomatoes & Low-Fat	Hoagie	Whole Grain Wap	on whole wheat bread	& Croutons
Mozzarella Cheese				
Fresh Broccoli w/ Light	Side Salad w/ Romaine &	Local Cucumber Slices w/	Fresh Carrot Sticks w/	Whole Wheat Dinner Roll
Dressing	Tomato	Light Dressing	Light Dressing	
100% Orange Juice	Local Apple	100% Apple Juice	Fresh Banana	Chilled Peaches
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
17	18	19	20	21
Grilled Chicken Caesar	Homemade Egg Salad	Oven Roasted Turkey &	Turkey Veggie Wrap w/	Chef Salad w/ Diced
Salad w/ Romaine,	Sandwich on Whole	Cheese Whole Wheat	Romaine, Tomato & Local	Turkey Ham, Sliced Egg &
Croutons & Parmesan	Wheat Bread	Hoagie	Cucumber Slices	Cheese
Cheese	_			
Whole Wheat Dinner Roll	Local Cucumber Slices w/	Fresh Carrot Sticks w/	Fresh Broccoli w/ Light	Whole Wheat Dinner Roll
01:11 1.5	Light Dressing	Light Dressing	Dressing	
Chilled Peaches	100% Orange Juice	Local Apple	Local Pear	Applesauce Cup
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Chicken Chadden	25	26	27	28
Chicken Cheddar	Oven Roasted Turkey &	Spicy Chicken Taco Bowl	Homemade Egg Salad	Grilled Chicken Caesar
Sandwich on Whole	Cheese Whole Wheat	w/ Romaine, Corn, Diced Tomatoes & Shredded	Sandwich on Whole	Salad w/ Romaine, Croutons & Parmesan
Wheat Bun	Hoagie		Wheat Bread	
		Cheddar, Light Ranch Dressing		Cheese
Fresh Celery Sticks w/	Fresh Broccoli w/ Light	Whole Grain Tortilla Chips	Local Cucumber Slices w/	Whole Wheat Dinner Roll
Light Ranch Dressing	Dressing	vendic Grain Fortina Cilips	Light Dressing	VVIIOIC VVIICAL DIIIIIEI NOII
100% Apple Juice	Local Pear	Chilled Peaches	Local Apple	100% Orange Juice
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Welcome back! We hope you had a wonderful summer.				